



FITNESS SCHEDULE

Monday

5:30-6:20am	Power, Praise, Pedal	AR
6:30-7:00am	Pilates	AR
8:00-9:00am	Pickleball	GYM
9:00-9:55am	Step & Strength	AR
9:30-10:15am	Arthritis Based Pro	Pool
10:00-11:00am	HIIT Mash Up	MPR
10:00-10:55am	Pilates	AR
5:30-6:25pm	ZUMBA	AR

Tuesday

5:30-6:15am	Interval Max	AR
6:20-6:35am	Deep Stretch	AR
9:00-9:55am	Turbo Spin	AR
9:30-10:30am	Splashdance	Pool
10:00-10:55am	Balanced Body Barre	AR
10:00-10:55am	Yoga for Balance	MRP
11:30-12:30pm	Chair Volleyball	GYM
5:00-5:55pm	MOVE/TRX	AR
7:00-7:55pm	Yoga for Relaxation	AR

Wednesday

5:30-6:20am	Power, Praise, Pedal	AR
6:30-7:00am	Pilates	AR
8:00-9:00am	Pickleball	GYM
9:00-9:55am	Step & Strength	AR
9:30-10:15am	Arthritis Based Pro	Pool
10:00-11:00am	HIIT Mash Up	MPR
10:00-10:55am	Pilates	AR
5:00-5:55pm	Walk on Wednesday's	AR
5:00-5:55pm	Splashdance	Pool
6:00-6:45pm	Step & Strength	AR

Thursday

5:30-6:15am	Interval Max	AR
6:20-6:35am	Deep Stretch	AR
9:00-9:55am	Turbo Spin	AR
9:30-10:30am	Splashdance	Pool
10:00-10:55am	Balanced Body Barre	AR
10:00-10:55am	Yoga for Balance	MRP
11:30-12:30pm	Chair Volleyball	GYM
5:00-5:55pm	Kickboxing	AR
6:00-6:55pm	TRX/MOVE	AR
7:00-7:55pm	Yoga for Relaxation	AR

Friday

8:00-9:00am	Pickleball	GYM
9:00-9:55am	Step & Strength	AR
9:30-10:15am	Arthritis Based Pro	Pool
10:00-11:00am	HIIT Mash Up	MPR
10:00-10:55am	Pilates	AR

Saturday/Sunday

<u>Saturday</u>		
8:00-8:55am	Turbo Spin	AR
9:00-9:55am	ZUMBA	AR
<u>Sunday</u>		
1:30-2:30pm	Pop, Drop, & Lock it with Lauren	AR

CHILDWATCH HOURS

M-F 8:30-11:30AM

M-THU EVE 5:00-8:30PM

SATURDAYS 8:00-12:00PM

COLOR CODE

CARDIO STRENGTH
POOL INTERVAL/COMBO
MIND & BODY
ACTIVE OLDER ADULT

THE BEST
INVESTMENT
YOU CAN EVER
MAKE
IS IN YOUR OWN
HEALTH



AGE REQUIREMENTS

CLASS: AT THE DISCRETION OF INSTRUCTORS

FITNESS CENTER: 16 OR OLDER

TRACK: 13 OR YOUNGER WITH SUPERVISION

191 COMMUNITY DRIVE
(937) 653-9622

CHAMPAIGN FAMILY YMCA

FITNESS CLASS SCHEDULE

POWER, PRAISE, PEDAL – If you are looking to start your day uplifted and soul-filled, this class is for you! Join us for an hour of cycling to upbeat Christian contemporary/rock music as she leads you down the road of righteousness with positive affirmations, scripture, and prayer. You will leave feeling physically, mentally, and spiritually renewed.

BALANCED BODY BARRE – Balancing standing barre work, Pilates mat work, and yoga in equal parts across a 60min class. Create long, lean lines, muscle toning, and better balance and flexibility for a healthier you!

TURBO SPIN – Warm-up, steady up-tempo cadence, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. Just bring a towel, water bottle, and get ready to burn those calories with this high-charged spin class.

INTERVAL MAXIMUM/PILATES – A 45-minute workout based on the interval-training concept. This workout will improve your cardiovascular fitness level and boost your metabolism, therefore allowing you to burn more total calories. Strong emphasis on toning through weight resistance exercises. These intervals are not only extremely challenging but also easy to learn and fun to do. A full 15-minute stretching routine will proceed at the end of class.

HIIT MASH UP – If you get bored with the same ol', this class is for you. Battle rope, kickboxing bag work, TRX, weights, spinning, plyometric, body weight work, and step. Don't forget to bring your boxing gloves, but we have extra if need be. The format can vary as well, keeping variety high, with no time for boredom. You will get the workout you want.

MOVE/TRX – Come lose yourself in the music and have the best time forgetting that you're even working out! You never know when light weights, body weight, dance, and TRX will be thrown in the mix to give your body a full, toned, revamped workout.

PILATES – This is not a cardio workout – This is not a cardio workout – but it's still a challenge. Total body awareness, balance, posture, optimal breathing. Great core training and abdominal work. This is a very popular class; you won't want to miss this one!

STEP & STRENGTH – This class is an all-inclusive strength, cardio and flexibility workout that will meet you where you are on your fitness journey. Beginners are encouraged to join to get all the aspects of fitness. (KNOWN TO HAVE THE BEST MUSIC!)

YOGA FOR BALANCE – Basic Vinyasa and Iyengar Yoga techniques and postures are explored, as well as deep and purposeful stretching, using a series of poses while coordinating breath. This class is intended to improve strength, flexibility, and balance. Suitable for all levels of experience, with modifications given.

YOGA FOR RELAXATION – The focus of this class is on strength and balance, while being gentle on the joints. Accessible to all ages and experience levels. We use chairs during practice to assist balance and alignment.

ZUMBA – A fun, high energy, interval workout that will get your heart pumping and body moving! Focusing on body weight training and blasting those calories all while having fun. This class is a mix of Zumba moves and music with a bit of Hip Hop & Dance. You don't have to be a professional dancer, just someone who wants to dance, sweat, and have a good time! Come dance with us!

KICKBOXING – Kick, punch, and sweat your way to a stronger, fitter you with this killer combo class. It implements traditional cardio kickboxing, weightlifting, and bag work for a well-rounded strength and conditioning class with a great variety of movements to keep your heart rate up and your muscles fighter strong.

ARTHRITIS BASED PRO – Do you have arthritis? Would you like to be more active or continue to stay active? Join our Arthritis Program! The intensity of the class is determined by YOU. The movements are enjoyable and designed to improve range of motion and flexibility while having a great time. We sing, play, and socialize while working on our mobility, strength, and sense of humor.

SPLASHDANCE – Get ready to make waves with SPLASHDANCE. This high-energy water workout combines fun music with easy to follow dance moves in the pool, giving you a full body workout session that's low impact and a whole lot of fun!

WALK ON WEDNESDAY'S – Summertime special! Get outside for some fresh air and class comradery. We walk the bike trail, we do body weight workouts, we take it inside to finish with some stretching. Take a break from the norm to help finish your week strong.

POP, DROP, & - LOCK IT – Take a little bit of dance and mix it with a little bit of weights for a whole lot of fun!

R-3 Recover, Restore, Revive – 3 / 15 minute segments built around muscle recovery, restoring mobility, and reviving energy. If you have a high-intensity favorite class you never miss, this class is the perfect supplement to prevent burnout and overuse. We will refresh the brain as well with some of your favorite line dances. Add to that a deep stretch with focus on the breath and this class will help ground and center you to wind down for the end of your day.

CHAIR VOLLEYBALL – Join us in the gym for lots of laughs and all of the benefits of chair volleyball! It can help strengthen upper body and core, gain flexibility, cardiovascular health, hand-eye coordination, and reduce stress!